

TAKE HOME SHEET



Series: Unsettled
Message: Learning to Focus
Speaker: Brandon Pendleton
Date: October 26/27, 2019

What impacted you in this week's message?

What unsettling things are crowding you and may be stopping God's Word from being fruitful in your life?

Read Mark 4:1-20 and verses 35-41. What stands out to you about Jesus and His desire for us?

Filtering out the Noise – Making Christ the Centerpiece of Your Life:

- Lay your burdens on Jesus.
- Grow closer to God by reading His Word.
- Remove unnecessary baggage from your life.
- Trust God and follow.
- Grow Closer to God in Prayer.

Review the message notes. How can making Christ the centerpiece of your life help you better navigate things that unsettle you?

Recommendation: Check out Robert Boyd Munger's devotional, My Heart-Christ's Home. If you don't currently have a regular plan for reading and learning your Bible, please check out New Hope's Bible Reading Plan by going to nhcbrp.com.

BIBLE TRANSLATIONS:

MSG – The Message

NLT – New Living Translation

MESSAGE NOTES



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¹⁸ The seed that fell among the thorns represents others who hear God's word, ¹⁹ but all too quickly the message is crowded out by the worries of this life, the lure of wealth, and the desire for other things, so no fruit is produced.

Mark 4:18-19 (NLT)

Signal-to-Noise Ratio – measurement in science and engineering comparing the level of **desired signal** to the level of **background noise**.

Desired Signal = **God's Word** and it being **fruitful** in your life

Noise = **Worries**, **cares** and **stresses** of this life

Filter out the Noise – Making Christ the centerpiece of your life

1. Lay your burdens on Jesus.

Pile your troubles on GOD's shoulders. He'll carry your load, he'll help you out. He'll never let good people topple into ruin.

Psalms 55:22 (MSG)

2. Grow closer to God by reading His Word.

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.

Matthew 11:28-30 (MSG)

But how can people call for help if they don't know who to trust? And how can they know who to trust if they haven't heard of the One who can be trusted?

And how can they hear if nobody tells them? And how is anyone going to tell them, unless someone is sent to do it? But not everybody is ready for this, ready to see and hear and act. Isaiah asked what we all ask at one time or another: "Does anyone care, God? Is anyone listening and believing a word of it?" The point is: Before you trust, you have to listen. But unless Christ's Word is preached, there's nothing to listen to.

Romans 10:14-17 (MSG)

3. Remove unnecessary baggage from your life.

¹ Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. ² We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame.

Hebrews 12:1-2 (NLT)

You say, "I am allowed to do anything"—but not everything is good for you. You say, "I am allowed to do anything"—but not everything is beneficial.

1 Corinthians 11:23 (NLT)

4. Trust God and follow.

Your word is a lamp to my feet, and a light to my path.

Psalms 119:105 (NLT)

⁵ Trust in the LORD with all your heart; do not depend on your own understanding. ⁶ Seek his will in all you do, and he will show you which path to take. ⁷ Don't be impressed with your own wisdom. Instead, fear the LORD and turn away from evil. Then you will have healing for your body and strength for your bones.

Proverbs 3:5-7 (NLT)

5. Grow closer to God in prayer.

⁶ Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Philippians 4:6-7 (NLT)

I have told you all this so that you may have peace in Me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.

John 16:33 (NLT)



Whether you call it stress, anxiety or feeling unsettled, the impact is similar. It can be mild or debilitating, robbing us of our peace, contentment and hope. Even if you aren't experiencing it personally, you have friends and family that are. God offers all of us a different way to live where we don't have to live under the tyranny of stress and anxiety. Come join us as we discover how God created us to live in an unsettled world, but with peace, hope and confidence.

FIRST TIME GUESTS

We promise we're not going to make you stand up in front of everyone or track you down, but we'd love to know you were here today! Simply fill out your communication card in the seat back in front of you and check the "First Time Guest" box. On your way out, stop by Guest Services at the front doors and get your FREE welcome gift. We're glad you are here!

**WE'RE
SO GLAD
YOU JOINED
US TODAY!**

newhope
CHURCH

We're honored when people choose to do church with us. New Hope is for anyone who wants to seek God - from those exploring if He even exists, to devoted Christ-followers. Wherever you are, you'll find we are committed to showing the love of Jesus and helping people establish a relationship with Him. We are casual, laid-back and far from perfect. **ALL are welcome!**



Calling all Crafters!

Donate ★ Shop ★ Sell ★ Volunteer

Saturday, December 7

All proceeds help fund our MobilePack with Feed My Starving Children

Volunteer: bit.ly/2019cmvol

Donate: bit.ly/2019cmparticipant (Proceeds go to FMSC)

Sell: bit.ly/2019cmvvendor. (Register for a table to sell your product.)

Questions? Contact Kim Feld at kim.feld@newhope.org

MUFFINS

Mission Muffins, part of Central Union Mission's Ready2Cook program, is here this Sunday. When you purchase their delicious baked goods, you are helping equip a homeless or unemployed individual return to society. Visit the table in the front lobby before or after the service. But don't wait too long - they sell out quickly!

**Who knew doing good
could taste so good?**



#MADENEW

Our next Baptism Celebration is on Saturday, November 2nd at 2 pm. It's not too late for you to be a part of it! Sign up or ask questions by emailing us at baptism@newhope.org. Please let us know as soon as possible, since November is almost here.

THIS SUNDAY IN TAKEOVER



MIDDLE SCHOOL STUDENTS

OCTOBER 27TH • 5:15-8:30

WOODBIDGE • \$25

PIZZA & 2 HOURS OF FUN

BEYOND LASER TAG

The Middle Schoolers will meet up at Team Tactics in Woodbridge for some serious competition and fun. Team Tactics is a brand new indoor laser tag. We'll have unlimited specialized missions for two hours. The cost is \$25 and includes pizza and gaming. It's going to be a fun night and we can't wait! We will meet at 5:15 at 3045 Golansky Blvd in Woodbridge, VA 22192. Be sure to wear closed-toe shoes and dark clothing for the best experience. Sign up now at bit.ly/msfallbash.



We're taking our High Schoolers to "The Corn Maze in the Plains". **Meet at the church at 1:30.** We'll get lost in fun in the biggest corn maze in Virginia and slingshot a few pumpkins. **The cost is \$15** and includes everything except money to buy food at the concession stand. When we're done with that fun, we'll return to church to wrap up our day with fire pits and s'mores. If you can't do the corn maze, join us at the church at 7 pm. Be sure to wear comfortable shoes - bring layers so you are prepared for warmer or cooler weather and a bottle of water. **Sign up at bit.ly/hsfallbash.**

mark your calendar

nov

11.02
Baptism
Celebration

11.10
Mission Muffins

11.16
Holiday of
Hope Begins

11.22-24
FMSC
Mobilepack

11.23
Coat Drive
Begins

dec

12.07
Christmas
Market

12.14
Family
Breakfast

12.18
Women's
Christmas
Party

12.22
Mission Muffins

12.24
Christmas Eve
Services

jan

1.26
Mission Muffins

feb

2.23
Mission Muffins

DIFFERENCE MAKER (N.)

a follower of Jesus who wants to use their gifts, passions and stories to make a difference in the places God has given them influence.

When you serve, you get to be an active part of what God is doing at New Hope. You'll also become part of a very special community. There's a place for everybody and we'd love to help you find a good fit. Please find us at:

Family Ministry

New Hope Volunteer Teams

Worship & Tech Team

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CHURCH

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